

Sexually Transmitted Disease

Sexually transmitted diseases (STDs) are among the most common contagious infections in the United States today – only the common cold and flu affect more people. More than 20 STDs have now been identified and they affect one in five American adults, with an estimated 15 million new cases of STDs reported each year. The total cost of the most common STDs and their complications results in billions of dollars in preventable health care spending annually. Soldiers who are sexually active are not immune to this problem and continue to create concern for the U.S. military. Fort Campbell alone averaged over 550 cases of STDs per year since 1994.

Understanding the basic facts about STDs- the ways in which they are transmitted, their common symptoms, possible results, and how they can be treated, is a step toward prevention. One of the Healthy People 2010 goals is to increase condom usage reported at last sexual encounter to 50% (in unmarried sexually active individuals) Health People 2000 data gathered in 1998 shows the rate of condom usage at 41.8%.

LESSON PLAN

I. Introduction to Sexually transmitted diseases.

A. STD definition

B. STD facts

C. STD myths

II. Most common STDs

A. Chlamydia

- (1) Facts
- (2) Signs and symptoms
- (3) Detection and treatment
- (4) Prevention

B. Gonorrhea

- (1) Facts
- (2) Signs and symptoms
- (3) Detection and treatment
- (4) Prevention

C. Syphilis

- (1) Facts
- (2) Signs and symptoms
- (3) Detection and treatment
- (4) Prevention

D. Genital Herpes

- (1) Facts
- (2) Signs and symptoms
- (3) Detection and treatment
- (4) Prevention

E. Genital warts (HPV)

- (1) Facts
- (2) Signs and symptoms
- (3) Detection and treatment
- (4) Prevention

F. Hepatitis B

- (1) Facts
- (2) Signs and symptoms
- (3) Detection and treatment
- (4) Prevention

G. Trichomoniasis

- (1) Facts
- (2) Signs and symptoms
- (3) Detection and treatment
- (4) Prevention

H. Pubic lice / Scabies

- (1) Facts
- (2) Signs and symptoms
- (3) Detection and treatment
- (4) Prevention

I. HIV/ AIDS

- (1) Facts

- (2) Signs and symptoms
- (3) Detection and treatment
- (4) Prevention

J. Getting help

K. Diagnosed with an STD?

L. Steps to prevent STDs

- (1) Abstinence
- (2) Condom use / demonstration
- (3) Female condom
- (4) Dental dam

M. Questions

Frequently Asked Questions

1. What are STDs?
Sexually transmitted diseases (STDs) are diseases that can be spread during vaginal, anal or oral sex with an infected person.
2. Who gets STDs?
STDs know no boundaries. Anyone who is sexually active can contract a sexually transmitted disease. If you and/or your partner have had more than one sexual partner in your lifetime, you're at risk for having a STD. One in five Americans carries a STD. STDs infect men and women of all ages, regions, ethnic backgrounds, and incomes.
3. How many types of STDs are there?
More than 20 STDs have been identified. The most common STDs include chlamydia, genital herpes, genital warts (HPV), gonorrhea, syphilis, hepatitis B, trichomoniasis, pubic lice, scabies and HIV/AIDS.
4. Could I have and STD and not even know it?
Yes, many people with STDs experience no noticeable symptoms initially, especially in women. However, even when a STD causes no symptoms, a person who is infected may still pass the disease on to a sex partner.

5. Is it true that women are at greater risk for STDs?
Yes. Women are more likely than men to acquire chlamydia in a single act of unprotected sex with an infected partner. These odds are twice as high as a man's risk under the same circumstances. Because the female anatomy often hides early symptoms of disease, women often do not know they have a STD until serious health problems have developed. Women also suffer more severe, long-term effects of STDs, such as pelvic inflammatory disease (PID) which in turn is a major cause of infertility and ectopic pregnancy. STDs in women may also be associated with cervical cancer.
6. Are STDs other than HIV/AIDS, really a serious threat?
Several STDs other than HIV/AIDS pose a serious threat. Chlamydia, gonorrhea, and syphilis can all cause serious health problems, even death. STDs during pregnancy can cause pregnancy complications or lead to serious illness in the newborn.
7. What are the symptoms of STDs?
Some people have no symptoms of STDs when infected. STDs also have symptoms specific to each disease and each gender. However, general symptoms of STDs include genital sores, pain, itching, and discharge.
8. What are the symptoms of HIV?
Most infected people have no symptoms for many years.
9. How can I tell if I have HIV?
The only way to know for sure if you have this virus is by taking a blood test called the "HIV Antibody Test"
10. Can I pass on Herpes even if I don't have symptoms?
Unfortunately, sometimes you can infect someone else with herpes, even when you don't have any symptoms. Doctors refer to this process as "asymptomatic shedding." To reduce the chance that you'll give herpes to someone else, abstain from sex until the sores are healed. Using a condom may not prevent genital herpes if the sores are not completely healed.
11. Can STDs be cured?
Bacterial STDs such as gonorrhea, chlamydia, and syphilis can be cured with antibiotics. Viral STDs, such as genital herpes and HPV are lifelong infections, medications may relieve some of the symptoms only.
12. What should I do if I think I have a STD?
If you think you have an STD, get medical attention immediately. The sooner you get attention the less chance there is of permanent change. You also need to abstain from sex until you are sure that you can't pass on the STD to someone else. You also need to make sure that your partner is tested- this will ensure that you don't get reinfected.

13. Can I test myself for a STD?

Currently there are no home test for STDs available. A home test for HIV was recently approved by the FDA and is available.

14. Can condoms prevent STDs?

No method but abstinence is 100% effective in preventing STDs, but condoms when used correctly are effective in reducing transmission of most STDs, including HIV.

15. Is there any way to be 100% sure that I'm not carrying a STD?

Unfortunately, no. Some STDs don't show up right away. The time it takes for an infection to show up in testing can be anywhere from a few days to a few years. If you think you have an STD, get tested. Even if you test negative, practice safe sex.

16. How can I minimize my risk for STDs?

STDs are transmitted by body secretions such as semen, vaginal fluids and blood.

Minimizing your exposure to these secretions is the key to prevention.

Abstaining from sex is the only method proven 100% effective in reducing your risk to STDs. Sex using condoms properly 100% of the time is a way to reduce your risk, but it will not prevent STDs 100% of the time.

17. Can I get a STD from a towel or toilet seat?

Most STDs are transmitted only through direct sexual contact with an infected person. However, pubic lice and scabies are associated with close body contact, not necessarily sexual contact. In some cases, pubic lice and scabies can be transmitted through infested sheets and towels and even furniture.

18. Can I get a STD even though I've been monogamous with my current partner?

If you and/or your partner have had more than one sexual partner in your lifetimes, you are at risk for having a STD. If you and your partner have never had any sexual contact, or if you and your partner had sexual relations only with each other, then you are not at risk.